

VITAL SIGNS



VOL XV No. 7

Naval Hospital, Orlando, Florida

July 1989

New Executive Officer



CAPT Joseph M. Ricciardi, MC, USN

CAPT Joseph M. Ricciardi, MC, USN, assumed the duties of Executive Officer for the second time on 6 July 1989. CAPT Ricciardi had previously served in this billet from the date he reported on board, 25 March 1987 to 8 July 1987. During that period of time, he wore two hats: Executive Officer and Medical Director. CAPT Ricciardi was relieved of the XO responsibilities when CDR D. G. Daniel, MSC, USN, reported on board.

While serving as Medical Director, CAPT Ricciardi's accomplishments were many. During his tenure, he supervised the JCAHO Survey preparations, the revision of the Medical Staff Bylaws, and the Emergency Medicine Department transition to civilian contracting. CAPT Ricciardi is a board certified Orthopedic Surgeon.

New Director for Nursing Services



CAPT Bobbie K. Clinton, NC, USN

CAPT Bobbie K. Clinton, NC, USN, reported on board 16 June to assume the duties as Director for Nursing Services. CAPT Clinton entered the Navy Nurse Corps in 1964 and has served at medical facilities world-wide. A great many of her assignments have been in the pediatric field and in 1974 she completed studies leading to the designation of Pediatric Nurse Practitioner. In 1985 she assumed the duty as Head, Nursing Department, Naval Hospital, Portsmouth, Virginia and in 1986 she was assigned as the Director, Nursing Services, Naval Medical Clinic, Norfolk, Virginia.

CAPT Clinton received her Bachelor of Science Degree from Drury College, Springfield, Missouri and her Master's Degree from the University of Maryland, Baltimore, Maryland.

CDR Daniel departs for London

CDR D. G. Daniel, MSC, USN, who has served as Executive Officer for Naval Hospital Orlando since July 1987, was transferred on 7 July. CDR Daniel will assume the duties as Commanding Officer, Naval Medical Clinic, London, United Kingdom.



In recognition of CDR Daniel's outstanding meritorious service, CAPT Palmer presented him with a Meritorious Service Medal (Gold Star in lieu of Third Award). The presentation was made on 6 July and read in part ... "CDR Daniel's superior performance of duty was characterized by inspirational leadership, exceptional managerial acumen, and exemplary dedication. ... CDR Daniel's untiring efforts to carry out the duties of his demanding assignment with unfailing good judgment, effectiveness, and total devotion to duty were in keeping with the highest traditions of the United States Naval Service."



... at the reception in the Lawson Room.

American Red Cross



**Volunteer hours
for the month of June -
2,053**

Volunteer of the Month

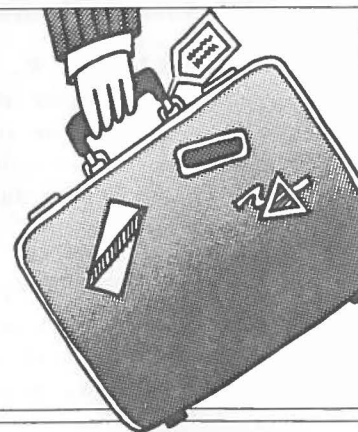


Mr. Al Lugo is the American Red Cross Volunteer for the month of July. Mr. Lugo works in the Urology Clinic Tuesday and Friday afternoons. Mr. Lugo started his volunteer work this past January ... and if that smile is any indication, he will be a great morale builder for the Urology patients.

Plan Your Getaway!

U.S. Savings Bonds are a great way to save for a vacation getaway. They are an easy way to save regularly...and they are safe, have guaranteed minimum rates and tax benefits.

U.S. SAVINGS BONDS
THE GREAT AMERICAN INVESTMENT



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**Vital
Signs**

STETH - O - SCOOP

By HM3 Samuel W. Herren, USN



What motto or phrase do you live by?



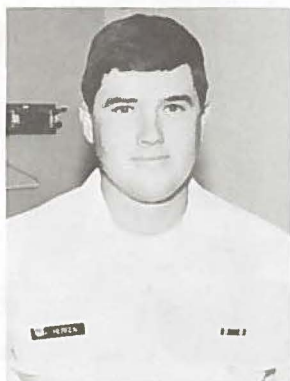
HM1 Ronald A. Walker,
MedMob Office: "Respect
our fellow man!"



HM2 Kimberly J. Nixon,
Operating Management: "I
live by: God, family,
and friends are the only
things in life that are
meaningful and precious
to me."



HA Tracy Tomas, Communi-
cation Center: "Frogs
have it easy ... they can
eat what bugs them!"



HM3 Samuel W. Herren,
CO's Driver: "Triumph is
just umph added to try!"



HMCS Patrick M. Lowry,
Emergency Medicine Dept:
"Always expect the un-
expected!"



HM2 Kimberly A. Ransom,
Orthopedic Dept: "Do un-
to others as you would
have them do unto you."

Staff Journal



LTJG Michael S. Schaffer, MSC, USNR, received the Navy Achievement Medal from CAPT Palmer on 21 June for his professional achievement in the superior performance of specific duties while assigned as the Administrative Assistant to Head, Fiscal Department.



HM2 Jose L. Medina, USN, Staff Education and Training Department, received the Navy Achievement Medal (Gold Star in lieu of the Third Award) on 21 June. The award was for his professional achievement in the superior performance of his duties as Leading Petty Officer, Staff Education and Training Department, U. S. Naval Hospital, Roosevelt Roads, Puerto Rico. CAPT Palmer made the presentation.



MS2 Philip M. Oliver, USN, Operating Management Department, received his First Good Conduct Medal from CDR D. G. Daniel, MSC, USN, Executive Officer, on 15 June.



HM1 Debra L. Duncan, USN, Administrative Assistant to the Director for Administration, received a Letter of Commendation from CAPT Palmer on 21 June. Petty Officer Duncan was commended on her performance as she prepared to accept a commission and transfer to OIS Newport.



In this particular picture it is not CAPT Palmer but Chief Petty Officer Palmer receiving his Appointment Certificate as Honorary Chief Petty Officer from HMCM H. T. Carley, Command Master Chief, on 14 June. The certificate was signed by Master Chief Petty Officer of the Navy Duane R. Bushey.



... and a new Chief Petty Officer has to have his "hat" ... this one presented by Naval Hospital's Boot Chief, HMC Edward F. Hooker.



HCMCM William F. Griffith, Force Master Chief, Naval Medical Department, visited Naval Hospital Orlando during the week of 12 - 16 June. One stop on his tour of the facility was Manpower Management Department where he met (from left to right): YN2 Paul E. O'Bannon, HM1 Steven L. Pomroy, and HM3 Kim R. Cathey.



The Officers' Wives Club was quick to offer assistance in providing the "decorator" touch to Building 503. Mrs. Susan Lorentz, Treasurer and Vice President of the Club, presented HMC Vicki L. Greenwood, USN, Assistant Building Manager, with a lobby full of "greenery" which will beautify the various spaces in Building 503.



What a way to spend a lunch hour....! The CPO's had a car wash on 30 June ... and an eye-witness said they worked hard!

Promotions on 21 June



LCDR Kenneth Seals, MC, USNR, Branch Medical Clinic, NTC Annex, received his new shoulder boards from CAPT Palmer and LT Angela D. Adams, MSC, USNR, Director, Branch Medical Clinic, NTC Annex.



LTJG Judy E. Hernandez, NC, USNR, Nursing Services, received her new shoulder boards from her parents, Mr. and Mrs. James A. Groutt.



LTJG Charlotte D. Ferguson, NC, USNR, Nursing Services, received her shoulder boards from CAPT Palmer and her husband, Captain Bret Garrett, USA.



LTJG Brian J. Oliver, NC, USNR, Nursing Services, received his shoulder boards from his parents, Mr. and Mrs. James Oliver.



Naval Hospital Orlando's new "Bull Ensign" is ENS Lisa M. Rodriguez, NC, USNR, Physical Therapy Department. After receiving all the paraphernalia of her new office, the facial expression denotes more resignation than joy! Woe is me!



23 June was commissioning day for HM1 Debra L. Duncan, USN. She received her commission as Ensign, Medical Service Corps, U. S. Navy, from CAPT Palmer. On hand to help with those brand new shoulder boards were Mrs. Valerie L. Hall, RN, ENS Duncan's cousin, and HMCM L. E. McColligan, USN (Ret.), our former Command Master Chief.



The first salute for ENS Duncan was from CW04 Dwight Hall, USN, her cousin's husband, on leave from the USS McINERNEY (FFG-8).



23 June was retirement day for HMC Frank E. Dezso, USN, Medical Mobilization Planning Office. Chief Dezso stepped smartly through the sideboys to continue his educational pursuits.



After the frocking ceremony on 26 June, three new E-5's proudly show off their new stripes: on the left, MS2 Randy M. Morris, USN, and MS2 Theresa A. Jeter, USN, both from Food Service; and HM2 Therron J. Bordelon, USN, Radiology.



HM1 Robert D. Gernaat, USN, Medical Equipment Division, was reenlisted on 27 June. The ceremony was held in the Fiscal Department and the reenlistment officer was LT Robert F. Ford, MSC, USN, Department Head.



Mrs. Nell Baldwin, RN, Immunization Clinic, was honored at a retirement luncheon on 28 June and received a Letter of Commendation and a Hospital Plaque from CAPT Palmer. Mrs. Baldwin was a double "Plank Owner" -- she started work at the hospital in 1960 and was on board when the Navy took over in 1968. She collected her second "Plank Owner" certificate when the hospital moved to this facility in 1981.



HN Kenneth A. Mackie, USN, Recovery Room, received a Letter of Commendation from LT Pauline L. Suszan, NC, USN, Charge Nurse of the Recovery Room, on 30 June. HN Mackie has been transferred to FMSS and further transfer to 2nd Marine Division, Camp Lejeune.



CWO4 John L. Shanklin, PA, USN, Branch Medical Clinic, NTC, passes through the sideboys with his wife, Adelina, at the conclusion of his retirement ceremony on 30 June.



5 July was a day of celebration for the Rittmeyer family ... CAPT Terry L. Rittmeyer, MSC, USN, Head, Pharmacy Department, had lots of help with his new shoulder boards -- Alison, his daughter, and Rose, his wife, anchor them firmly in place.



LCDR Wayne G. Phelps, NC, USN, received his new promotion, too, on 5 July. Helping him with his new shoulder boards were his wife, Judy, and LCDR Marvin D. Trowbridge, NC, USN.



7 July was a day set aside for the Fiscal Department to say farewell to LTJG Walter P. Ruggles, MSC, USN. LTJG Ruggles received a Letter of Commendation from LT Ford, his department head, momentos from the Fiscal Department Staff, and a beautiful luncheon. LTJG Ruggles was transferred to U. S. Naval Hospital, Okinawa.



7 July was a big day for LCDR Jean M. Ensor, NC, USN, Charge Nurse for ARD. She received the Navy Commendation Medal for her outstanding professional achievement in her duties. The presentation was made by CAPT J. M. Ricciardi, MC, USN, Acting Commanding Officer. LCDR Ensor was assisted with the cake cutting at the following reception by CAPT B. K. Clinton, NC, USN, Director for Nursing Services. LCDR Ensor has transferred to attend the University of Central Florida for outservice training.



CAPT Harold A. Sloas, Jr., MC, USN, Head, Ophthalmology Department, salutes CAPT Palmer, at a ceremony on 6 July for those who received "Outstanding" on the Physical Readiness Test. Altogether, there were 31! Those singled out for obtaining the highest score for their age group were: HM2 Maritza Barrett, USN; LT James Christian, CHC, USN; LT Denise M. Graham, MSC, USNR; CDR Rita V. Swanson, NC, USN; and CAPT Sloas.



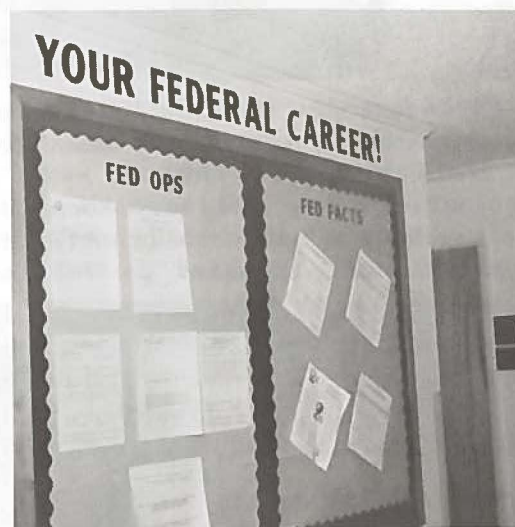
CIVIL LIFE



Mrs. Jane Smith

Our June meeting of the CWRA was most productive with plans for July activities, which included our most successful bakesale and a Retirement Seminar, and in addition we worked on the amendment to the Bylaws regarding the changes of sending cards in lieu of flowers to our co-workers who are ill.

Mr. Jim Sellers, our CCPO Representative attended this meeting. He would like everyone to know that he has an office in the Manpower Management Department spaces, Building 503, and is there on Tuesdays and Thursdays from 0700 - 1230. If you would like to have an appointment with him, call X-5385 and either ask for him or for Dee Jones. Right outside his office, is the new Federal Career Bulletin Board which displays job opportunities as well as current information pertaining to Federal Employees.



JULY BIRTHDAYS: 1 July, Genevieve Edwards; 3 July, William Holton; 4 July, Jimmy Anthony; 7 July, Joyce Kuykendall; 8 July, Nora Gonzalez; 12 July, Estella Duell; 13 July, Charles Fowler; 15 July, Lois Wilkerson; 17 July, Sandra Bragg; 18 July, John White; 19 July, John Hardeman; 21 July, Joyce Cooper; 25 July, Hilda Sullivan; 27 July, Barbara Darby and Constance Schott; 20 July Esmenia Maletta; 31 July, Judy Farmer and Miguel Delvalle.

Hospital Corps Anniversary

We celebrated!

Naval Hospital Orlando celebrated the 91st Anniversary of the Hospital Corps on the 16th of June. The day started off with a ceremony in the main lobby with HMCM H. T. Carley, Command Master Chief as Master of Ceremonies. CDR D. G. Daniel, MSC, USN, Executive Officer, represented and spoke for the Commanding Officer. Master Chief Carley spoke on the History of the Hospital Corps. Congratulatory messages were read from a host of well-wishers including VADM J. A. Zimble, MC, USN, the Surgeon General of the Navy.



The official cake-cutters were HMCM W. F. Griffith, USN, Force Master Chief, Naval Medical Command, the most senior Hospital Corpsman, and the youngest Hospital Corpsman, HR Michael T. Parker, USN, Nursing Services.



The All Hands Picnic got off to a great start lots to eat ... and lots of fun for everyone.



Where there's smoke, you'll find the cooks! On the right, Chief cook, CAPT Ricciardi, assisted by HMCS Burrows (in the middle), and HMC Dubaz.



The Fire Department saw the smoke and came a'rolling ...! Just kidding, they gave instructions to the young ones and even let them try their hand at holding the hose.



... cotton candy for the kids.



... music by Rick Ayers from "It's Showtime Entertainment, Inc."



LT Adams knew who the clown was ... did you?



Two orthopedic surgeons carving up the pigs ... under the pith helmet is CAPT Telesh and CAPT Ricciardi on the right.



Is that CDR Daniel helping to carve?



Some of the picnickers found the shade under the big top.

National Healthcare Education and Training Week

The week of 25 June to 1 July 1989 was proclaimed as "National Healthcare Education and Training Week" by the American Hospital Association. Healthcare education departments are vital and essential components of effective healthcare agencies. LCDR Kathryn Murphy, NC, USN, Head, Staff Education and Training Department, presented her staff with a certificate of recognition "... for significant contributions to healthcare education and training." The certificates were signed by CAPT Palmer.

The Staff Education and Training Department is responsible for a host of training programs and enhancements in meeting all the requirements and needs of the staff and clinical departments of the hospital.



The members of the staff of the Education and Training Department pictured with their certificates are, from left to right, front row: HMC Larry A. Wilhem, Mrs. Nancy Toole, and HN Steven R. Dur. Back row: HM1 Debra A. Mortland, Mary Wentz, LCDR Kathryn Murphy, and HM2 Jose L. Medina. Not present for the picture was LT Donnie B. Fields, MSC.



CHAPLAIN'S COMMENTS

LT James R. Christian, CHC, USNR

Many sides to a "whole" person

It's a truism to say that education is important to all of us. We live in a society and operate in a Navy where yesterday's skills just aren't good enough. Successful lives as citizens and sailors demand constant growth in many directions. We carry this imperative into many areas of our lives. As parents, for example, we are concerned about getting our children the best educational background possible. We worry about finding the best preschool. We often buy a home because of the school district it's in. We save for the best college possible. On the way, we send junior to all sorts of sports camps, music camps, computer camps, etc.; all aimed at giving him a meaningful edge in life. Most of us would not respond well if, after all this, little junior decided he wanted to quit school after the eighth grade. As a matter of fact, we probably wouldn't let him do it.

As a clergyman, I certainly agree with the passion for learning that is so prominent in our lives. My only lament is that we are so prone to stop there, both for ourselves and our children. Our educational enterprises do a great job of providing us with the tools and materials for an abundant life, but they don't give us a reason or purpose for living it. That's a spiritual question and, sadly, many of us are allowing ourselves and our children to limp through life with an eighth grade (or less) "spiritual education." If your spiritual life sort of "fizzled out" way back when, or if you are a parent who assumes that your child will "automatically" become spiritually healthy "someday in his own way," I urge you to think again. I invite you to pay the same kind of attention to the spiritual dimension of your life as you do to the physical and cognitive dimensions. Being a whole person in this day and age, or in any day and age, demands it. God bless you!



CAREER COUNSELOR'S CORNER

HMC J. W. Richardson, USN

Commissioning Programs for you

Now is the time of year to start thinking about the Inservice Procurement Programs that will be coming up in the near future.

Medical Service Corps (MSC) Inservice Procurement.

- a. Must be a member of USN/USNR, on active duty, in paygrades E-6 through E-9.
- b. Must be eligible for commissioning prior to reaching your 35th birthday.
- c. Have a combined GCT/ARI of at least 115.
- d. Must have completed at least 50 semester hours (transferable) for enrollment in a Bachelor of Science Degree in Health Care Administration.
- e. Must be able to complete degree requirements in 24 months or less.
- f. Must be accepted or have a conditional acceptance to a Baccalaureate Program leading to a BS degree in Health Care or Business Administration.

Medical Enlisted Commissioning Program (MECP)

- a. Open to HM/DT in the USN/USNR on active duty with at least 3 years of active service as of 30 September in the year of application.
- b. Must have 30 transferable semester hours acceptable for enrollment in a Baccalaureate Degree Program in Nursing with a grade point average of 2.5 or better on a 4.0 scale.
- c. Must be accepted to a Baccalaureate Degree Program leading to a BS Degree in Nursing (BSN) accredited by the National League of Nursing.
- d. Must be able to complete the BSN requirements in 36 months and be commissioned prior to reaching your 35th birthday.

Waivers for other than minor physical defects will not be granted. If you are interested in the above programs or have any additional questions, please contact me at X-4926/4927.

From the Skipper

STRAIGHT TALK

CAPT D. D. Palmer

**U n d e r w a y**

HMCM H. T. Carley, USN

Farewell

2 August, the change of command, is just around the corner, and I find myself saying good-bye to all of you. It is a most difficult thing to do. I have grown very close to this hospital and its staff over the past three years. When I first arrived in September 1986, you made me immediately feel at home. Then together, we started to make those changes we could to improve the capability of the hospital and clinics to better serve our beneficiaries. We reopened the ARD, we expanded our pharmacy, we managed to avoid closure of OB/GYN during the six-month period it took us to negotiate for contract providers, we contracted for providers in other areas including the ER and the Lab. We expanded our FP Partnership Program and started a new one in Cardiology. We completed a renovation of the NTC Branch Clinic and opened a weekend sick call for active duty there, we fixed up the clinic at the NTC Annex and expanded its capabilities, and we managed to increase the overall inpatient and outpatient productivity. While doing all these things to improve our capability, we also managed to pass a JCAHO survey with flying colors and received a full three-year accreditation, received a full two-year accreditation in our Lab and Blood Bank, did great on our NAVOSH inspection, received the Pipeline Mover Award from NMPC, and hosted numerous visits and inspections from all levels of Navy, DOD, and other branches of the government.

Staff officers and enlisted, career civil service, and volunteers, you have done an extraordinary job here at NHO and I salute you and thank you for it. Never in my Navy career have I been associated with such dedicated, hard-working professionals. There is only one more thing I ask of you, and that is to give my relief, CAPT McKee, the same support and

Initiative

Initiative is "Doing the right thing without being told, but next to doing the right thing without being told is to do it when you are told once." This is a quote from the pamphlet "A Message to Garcia" by Elbert Hubbard.

How many times, when you are told to do something, you think: "Why do I have to do this?" "It's not my job!" "Get someone else to do it." Initiative is the ability to think and act without being urged. This trait, more than any other, is what makes a 4.0 sailor. We can all name those sailors in our peer group who best fit in this category. These individuals have earned the high ranking and they deserve the pay that goes with it.

When it is time to sign the enlisted evaluation form, a lot of people feel that the marks they have received should have been higher. If you have received less than a 4.0 in Initiative, ask yourself: "Am I ... a self starter? ... one who carries out my duties judiciously? ... a solution seeker? ... eager to find new and better ways to do my job? ... enthusiastic in trying new approaches? ... a planner and organizer? ... a contributor with new and practical suggestions? ... quick to take action without undue haste or delay? Do I ... do things without being told? ... have the quality of knowing what has to be done? ... Do I have INITIATIVE?"

loyalty you have given to me. He is most capable and I believe NHO will continue to grow under his leadership.

With great respect,

D. D. PALMER